

Men's Health Awareness Month

Simple Steps Toward Wellness



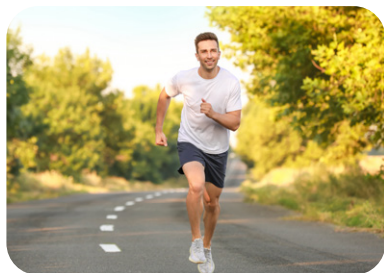
Simple Steps Toward Wellness

Though men and women face similar mental health challenges, men are less likely to connect with a professional. Why - Phrases like “man up”, “toughen up”, and “be strong” have been ingrained since childhood, limiting men’s experience and ability to share or look for advice / help.



This information will cover a range of physical, mental, and emotional well-being concerns specific to males. While heart disease may be the most common reason for death in all males taken together, accidents occupy the top spot for those under 45 years of age whilst in males between the **ages of 45 and 85 the main cause of death remains cancer.**

Physical Health



Heart Health

Cardiovascular diseases are a leading cause of death among men. Regular exercise, a balanced diet, and routine check-ups can significantly reduce the risk of heart disease. Incorporating activities such as running, swimming, or cycling into your weekly routine can help keep your heart healthy. Additionally, monitoring your blood pressure and cholesterol levels is essential for detecting potential issues early.



Prostate Health

Prostate cancer is one of the most common cancers affecting men. Regular screening and early detection are crucial for successful treatment. Men over the age of 50, or earlier for those with a family history, should check for prostate cancer test indicators and learn about it to staying informed about the symptoms and risk factors.



Muscle Health

Musculoskeletal issues become more common with age. Building muscle strength and flexibility is crucial for daily activities, injury prevention, and joint health. Incorporating yoga or stretching exercises into your routine can improve flexibility, balance, and overall mobility.



Respiratory Health

Lung cancer is more prevalent in men than in women. Smoking remains the primary risk factor. If you smoke or use tobacco products, quitting can significantly improve your health.

Mental Health

Stress is a common issue that can significantly impact mental and physical health. Developing effective stress management techniques, such as meditation, deep breathing exercises, and time management strategies, can help. Sleep is critical to allow our minds and bodies to recharge, repair and relax

Depression and anxiety are prevalent mental health concerns among men. It's essential to understand that seeking help is a sign of strength, not weakness. If you experience persistent feelings of sadness, hopelessness, or excessive worry, consider reaching out to a mental health professional.

Achieving a healthy work-life balance is crucial for mental well-being. Setting boundaries between work and personal time, prioritizing self-care, and engaging in hobbies or activities you enjoy can help create a more balanced lifestyle. Remember, taking time for yourself is not selfish, but a necessary component of overall health.



Conclusion

Taking a holistic approach to men's health involves addressing physical, mental, and emotional well-being. By incorporating healthy habits, seeking professional guidance when necessary, and staying informed about health concerns specific to men, you can achieve a balanced and fulfilling life. Remember, your health is your most valuable asset, and investing in it today will lead to a brighter and healthier future.

Please do send us your feedback at well-being@metlife.ae. It will help us improve this newsletter if we hear that our content has made a difference in your wellbeing. We are keen to listen to you and to improve for you.

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